

Cover Sheet – Social Service Activity

AGENCY NAME: Survival Centers Inc. DBA Amherst Survival Center
AGENCY ADDRESS: PO Box 9629, 138 Sunderland Road, N. Amherst, MA 01059
AGENCY PHONE NO: 413-549-3968 **CONTACT PERSON:** Mindy Domb
CONTACT PERSON EMAIL: domb@amherstsurvival.org
CDBG FUNDING REQUEST: \$52,000.00

1. Project Name A continuation of a project presently funded with MA CDBG funds in the Amherst Survival Center's Emergency Food Pantry ("the Pantry"): increasing access and reducing stigma around using food and nutrition programs.

2. Project Description (1-2 sentences) The Amherst Survival Center (ASC) is requesting \$52,000.00 to support its efforts to continue it's nutritious distribution program to families and individuals in need through its Food Pantry. The ASC's Food Pantry, its Senior Mobile Pantry (SMP) and its Kids Boost programs promote good nutrition for low-income residents of Amherst and the surrounding areas, including children, seniors, and those who are experiencing homelessness. This proposal seeks support of the ASC's expanded distribution program (in onsite distribution and its senior mobile pantry program to 15 meals per person per month), it's Kids Boost program (extra food for school-age children in school vacation months), its weekend hours, purchase of fresh produce during winter and expanded into early spring, as well as expanding staff position (from temporary "pilot" status to permanent) to support increased distribution, and printing associated with disseminating information about the food and nutrition programs.

3. Project Location (Street address) 138 Sunderland Road, North Amherst, MA

4. Budget Request \$52,000.00

5. Type of Activity (check one):

- € Family and individual stabilization
- € Youth development
- € Economic self-sufficiency (adult education)
- Food and nutrition**
- € **Health services**
- € Emergency & preventive services: rental assistance, fuel assistance, and shelter services.
- € Other – please explain

6. National Objective:

Total number of beneficiaries (individuals served): 2,198
Total Low/Mod beneficiaries (individuals served): 2,198

Please submit responses to the following questions:

A. National Objective Description

- **Describe in detail how your project will meet a national objective and how it will be documented to ensure that participants meet low/moderate income requirements.**
- **Limited clientele projects must document compliance by one of the following methods:**
 - **For projects that do not provide “income payment” forms of assistance, beneficiaries may “self-declare” their eligibility, generally by completing and signing a form declaring household sizes and income ranges.**
 - **For projects that offer income payments or subsidies, income must be documented.**
 - **For projects where the user profile will be low- and moderate-income, a description of the profile must be presented so that the conclusion, without a doubt, will be to benefit low- and moderate- income persons.**

The Food Pantry and its population-specific programs (Kids Boost, Senior Mobile Pantry, weekend access hours) serve residents of Amherst and twelve surrounding towns. All Pantry recipients are qualified as low/moderate income (as identified in the income guidelines attached to the RFR). This criterion is verified annually, as we use annual income self-declaration forms with USDA guidelines and follow federal eligibility requirements, along with proof of town of residence. In calendar year 2015, nearly 54% of the Pantry’s services were provided to residents of Amherst, surpassing the 51% threshold. We maintain this data in a designated, confidential database, with each Pantry visit and pick-up reported, household size verified, and each monthly distribution weighed and documented.

In addition, as a result of CDBG funding in this past fiscal year, the ASC expanded its distribution from three days per month per person (nine meals) to five days per month per person (15 meals). Expanding the allocation resulted in a new way for recipients to select food from the pantry, maximizing their choice and the respect accorded to their preferences. In addition, the allocation categories were changed to more clearly and directly align with the USDA “Choose My Plate” (<http://www.choosemyplate.gov/>) nutrition guidelines (for e.g. protein, grains, fruits/vegetables, dairy), increasing recipient awareness of these guidelines and helping to build their skills to use the guidelines while “shopping” in the pantry (and potentially beyond). By organizing the Pantry shopping experience around the USDA nutrition guidelines, the program now gives participants additional exposure and support around nutritional information and applying it for their family.

In the last 12 months, the ASC continues to experience increased in the numbers of people using its services: it served over 19,900 meals to low-income Amherst residents, and distributed groceries to 2,088 Amherst residents in 904 households. All told, the ASC saw over an estimated 47,200 visits in 2015 from individuals in need of food, health care, clothing, housing, food stamps, health insurance, and a welcoming community. 83% of these clients are classified as extremely low-income according to federal guidelines; 100% fall below the level of moderate income. Approximately 5% of visitors experienced homelessness. According to the Pantry’s database, 184 recipients have identified themselves as homeless. Homeless individuals can get their pantry distribution in a modified process using a “partial pick-up” feature. This accommodation for people experiencing homelessness was established by the Center in that it allows for more frequent (weekly instead of monthly) and smaller distributions. Distributions also include more prepared foods, which also reflect the recipients’ particular circumstances and lack of access to kitchen facilities.

B. Demonstrate Consistency with Community Development Strategy: This proposal is consistent with two priority community service projects as outlined in the 2016 Community Development Strategy, category 2 community services (specifically food and nutrition programs, and emergency services for low-income Amherst residents through the Amherst Survival Center’s Food Pantry programs) and

category 13 for information dissemination about our food and nutrition services (specifically printing costs associated with “making available services known through... neighborhood groups, electronic media, multi-lingual brochures...”).

The Amherst Survival Center’s (ASC) Emergency Food Pantry, it’s Kids Boost program, its effort to include access to healthy fresh produce in year-round monthly distributions, its monthly Senior Mobile Pantry (SMP) program, and the increased weekend access afforded by its monthly Saturday morning houses, address the food and nutrition priority as identified by Amherst’s Community Development strategy. In addition, the Pantry’s new allocation process reinforces the role that the pantry plays in nutrition education, as the allocation more directly reflects the USDA nutrition guidelines. In this way the Pantry’s programs included in this proposal and its shopping experience are strongly compatible with the Town’s Community Development strategy.

Many of ASC’s other food and nutrition programs, not included in this proposal, also address this need, including its community meals program (a hot lunch four days a week and a weekly dinner) and it’s daily fresh food distribution program. ASC’s food and nutrition programs, including the Pantry, address the Amherst Master Plan’s goal to “provide community services to meet the needs of all of its residents” including “critical social support services.” (p. 2.4 <http://bit.ly/1cRgxPv>) In particular, the ASC’s collection of services, including the Food Pantry, its philosophy, mission and strategies for implementation all reflect, are consistent with, and strive to achieve, the Master Plan’s goal: “To provide excellent, cost-effective, accessible facilities, services, and programs reflecting values respectful of our community diversity, which, through collaboration, contribute to a high quality, safe, civil, healthy, and sustainable community.” (p. 8.1 <http://bit.ly/1hQHVwe>) The ASC achieves this is a convenient single location, maximizes convenience, and removes barriers to services.

Printing of a variety of materials to market the specific food and nutrition services included in this proposal will also be tailored to build awareness and increase access and use. With public transportation to the Center secured, we remain committed to discovering and using new strategies to ensure access to the Food Pantry, and the Amherst Survival Center’s other food and nutrition programs, for Amherst residents in need.

C. Agency Information: The Amherst Survival Center (ASC) will celebrate its 40th anniversary in 1976 as a regional resource that connects people in need with food, health care, wellness, clothing and community through volunteer efforts. We serve an estimated 6,000 people a year in over 47,000 visits, 65% of whom live in Amherst. The only organization of its kind in the area, we offer an Emergency Food Pantry, Community Kitchen, Breakfast Bar, Community (free) Store, drop-in Free Health Clinic and monthly dental clinic, Fresh Food Recovery and Distribution, Laundry and Shower Facilities, weekly community partner services, volunteer opportunities, and an extensive referral system. All located under one roof that serves as an easy one-stop support service for families and individuals in need. For families who are often burdened with needing to receive a variety of supports, securing so many programs in one location is often a great relief to many.

The ASC has been recognized as a model provider by local agencies and private foundations. Its Board members, staff and volunteers have also been recognized for their exemplary service and expertise. In the past several years, we have been honored to receive town support for a new bus stop at our new location, and funding and support for the Food Pantry. We have also received community support for our area diaper drive. We have an unparalleled record of delivering services in an exemplary, equitable, consistent and fair manner. We have a strong track record of meeting all reporting requirements. We are also a leader in efforts that bring together organizations to reduce food insecurity in our community. In the past year, we have led two such efforts. One, a community-wide diaper drive, engaged many individuals and organizations to donate diapers to be distributed in the food pantry to families with infants and young toddlers. This campaign not only succeeded in supplying the Pantry with diapers, but also increased the community’s awareness about the issue of diaper insufficiency and

the struggles and trade-offs so many young families face. It helped young families in need know that the Pantry could help address their diaper need as well. The second effort was to bring together other food and nutrition programs in Amherst into a network of programs to support knowledge about our various programs and schedules. The Amherst Food and Nutrition Network (as we call ourselves) has met several times, developed a town schedule of programs, and created new ways to collaborate and maximize resources to the community. The requested funding in this proposal for printing will be used, in part, to print this town schedule of food and nutrition programs.

The Amherst Survival Center's approach begins with a broad definition of basic needs and a vision to reduce food insecurity in our community. Our broad definition includes not only food and clothing, but also health care, access to entitlements (such as health insurance and food stamps), and a supportive community, created by providing participants with opportunities to receive services and gain skills through volunteering themselves, as well as focused programming. The ASC is the only agency in the area that provides comprehensive basic needs services in a single location. Most services are available to any individual who comes to the Center, no matter their ability to document their income or other eligibility indicators. This "low threshold" for services has been shown in health programs to increase utilization, offer greater access to needed services, and encourage use of referrals, all of which help to produce successful outcomes and high engagement rates. Self-disclosure can often reduce the embarrassment that may result from requests for assistance while demonstrating respect for the individual in need. A focused effort to remove barriers and the stigma that might undermine program use is a top priority for the ASC. The Food Pantry is the only ASC program that requires documentation of any sort in order to access its services, and we only require proof of residency in addition to self-declarations of eligibility following a conversation around the person's financial need and receipt of other entitlements.

Studies have shown that service integration "produces significant dividends in the form of reduced duplication and waste, strengthened local communities, and improved client outcomes."¹ Integration allows us to cross-refer within the Center. A patient in the health clinic can be assessed for food insecurity and referred directly to the Food Pantry and the community meal program. A Food Pantry recipient who is not receiving SNAP (food stamps) can be cross-referred to the weekly SNAP assistance hosted in the Center. Follow-up is relaxed, informal and effective.

In 2010, the ASC embarked on a major capital campaign to raise the funds needed to build a new building for its services, and in December 2012, the ASC relocated to its new building without any interruption to its services. The new building presented new efficiencies, a welcoming environment and increased storage, resulting in enhanced and expanded capacity of the Food Pantry to meet the growing nutritional needs of Amherst residents. The new building has allowed the organization to imagine how to meet the growing need for emergency food in a variety of ways and inspired new strategies and new programs. The continuation of CDBG-supported programs outlined in this proposal resulted from successful pilots that ASC originally implemented. In this situation, the Center developed and tested systems prior to seeking their establishment.

In the past year, the ASC created a pilot position (Pantry Assistant) whose work specifically supports increased efficiencies in the Food Pantry as we crafted increasing the allocation and population-specific services. This proposal would support expanding the Pantry Assistant to a permanent position. In doing so, the Center would continue to benefit from this position and its specific responsibilities to manage, organize, and generate the Center's food inventory. Emergency Food Pantry volunteers undertake core tasks such as assisting clients, tracking program eligibility, loading food, stocking shelves, maintaining nutritional materials, making referrals to other ASC services, shopping with Pantry customers, weighing allocated food, and keeping the food pantry clean and orderly. The Pantry Coordinator, the Program Director, and the Executive Director each review Food Pantry data on a monthly basis. Kids Boost

¹ Hassett and Austin (1997), "Service Integration: Something old and something new," in Administration and Social Work.

programs are reviewed weekly in each Boost month. Special initiatives (like a cookbook distribution), reports made to the Town of Amherst and the FBWMA offer additional opportunities to review Pantry use. With record-keeping and systems in place, appropriate staffing and a dedicated crew of volunteers, the ASC's Food Pantry is well-positioned to meet the increased need for its services, to continue to respond creatively to reduce food insecurity and to identify new strategies to increase access to its services.

The Amherst Survival Center's creative program development and management includes six new programs that were added to its roster in the past 12 months: 1) job search support, 2) information and referral, 3) diaper distribution, 4) Project HungerRX, 5) formalized special accommodations in the Pantry for people experiencing homelessness, and 6) a formalized meal-to-go program.

Job search assistance (includes job fairs, job preparation workshops and a weekly one-on-one job search assistance) helps to build self-sufficiency and brings people who may need food pantry services to come to the Center for employment support. A weekly information and referral service helps participants to connect to services in a range of areas, including housing, public assistance and child care. As a result of leading a successful community diaper drive, the ASC's Food Pantry now routinely makes children's diapers available to families who use the pantry. With funding from the Mass Medical Society, the ASC launched Project HungerRX, an outreach program to the local medical community to encourage providers to assess their patients for food insecurity and refer them to the ASC food pantry. And, as noted earlier, the Food Pantry established an accommodation for people experiencing homelessness so they can now use a "partial pick-up" feature.

Also, as a successful and effective member agency of the Food Bank of Western Massachusetts (FBWMA) network, the ASC also has a successful track record of complying with all appropriate state and federal standards of operation. The Food Bank recognized the Center's work and skills by awarding the Center a capacity-building grant last year so we could purchase a new cooler chest, further expanding its cold storage capacity. This strengthened the ASC's organizational capacity to distribute more food to program participants. These awards further demonstrated the ASC's commitment to careful planning as it expands its reach. Additionally, in 2014 the ASC added a third vehicle to its food recovery fleet, purchasing a box truck in order to increase the organization's capacity to bring *more* food into the building in order to distribute more to our neighbors. This has resulted in larger orders and deliveries from the FBWMA, increasing the organization's capacity to distribute even more food to our neighbors.

In the past five years, the ASC has been recognized statewide for its high quality programs. In 2011, ASC received a *A+ Award* from the Amherst Area Chamber of Commerce, an award given to "community leaders, organizations, and businesses that have worked to make Amherst a better place." In 2012, our Board President was honored with the Human Service Forum annual award for excellent Board Leadership. In 2013, Tracey Levy, Program Coordinator, received the Council of Social Agencies (COSA) of Hampshire County's Direct Service Award. In 2013, Congressman Jim McGovern read Food Pantry users comments on their thoughts about the need and benefit of the Pantry on the floor of the US House of Representatives. (See Appendix 1)

Many of the Pantry's new programs are designed foremost to provide anti-hunger relief, and secondly, as a further incentive to overcome stigma and logistic barriers which may be preventing use of the Pantry or the Center's programs. The Kids Boost program, for example, offers another reason for families with school-age children to use the Pantry, at the very least during school vacation months. As a result, we often see new families coming to the Food Pantry during Kids Boost months. As you can see in Appendix #, since the beginning of implementing a Boost, we continued to meet several Amherst families who came to the Pantry for the first time as a result of the Boost. In fact since the Boost started, 13.9% of Boost families were new to the Pantry.

With this record of achievement, it's possible that the greatest measure of ASC's success comes from the testimony of participants and volunteers in its programs. Newcomers still ask volunteers at our

reception desk, *“I can eat here AND see a doctor?”* The new Food Pantry volunteer who recounts the single mother who on her first visit in the Food Pantry began to cry, saying *“I didn’t expect to receive this much food for my children and myself. This is more than I dreamed was possible.”* Or the medical records professional, who, after taking an extended unpaid medical leave as a result of her breast cancer diagnosis, discovered the Food Pantry and on her first visit to it, she confided to a staff member, *“I wish I knew about the Pantry months ago for me and my teen sons, but I am so grateful that we will have enough to eat.”* Or, when asked how they liked the new allocation system a father of five told Pantry staff, *“I love it, now we’re getting more of what we want and I don’t have to take anything my kids won’t eat.”*

For 40 years, the ASC has delivered these services in a respectful manner, treating those who come for support and assistance with dignity, while relying on caring and well-trained volunteers as service providers. Our commitment to initiating and completing internal and external customer satisfaction surveys demonstrates a strong commitment to transparency and reflecting on our services in order to improve their quality. Our history in the community and our track record of success and innovation demonstrates our strong capacity for future service delivery.

Explain your short-term goals and long-term goals: This past year the ASC embarked on a strategic planning process that named four key areas of focus for the organization over the next three years. One of these areas will surely involve the Emergency Food Pantry and reaching vulnerable populations: the focus of access. In the next few months, the ASC Board will identify new strategies for the organization to explore to further strengthen and expand access to its services, and to remove stigma to its use. Qualitative measures look at numbers of individuals using the program, numbers of households, waiting time for services, schedule of service, the consistency of volunteer coverage, the number of pounds of food distributed. We also assess the demographics of consumers quarterly to review recipient data, and to review how Amherst residents use our food and nutrition services. In addition, we ask new families to the Pantry how they came to learn about our services to better understand what referral sources are successful. We also work with other health and human service providers to provide them with written referral tools that will support their referral capacity to the Food Pantry. It is the policy at the ASC to provide ongoing feedback opportunities for recipients, including customer satisfaction surveys. The information we gather allows us to adjust our services to meet community needs and overcome potential barriers to services.

Our short-term goals are to meet the food and nutritional needs of low-income individuals and families through our food pantry. As a result of continuing the CDBG-funded services in this proposal, we will:

- 1) Continue to offer a monthly weekend opportunity to access the monthly food distribution, meeting the needs of individuals and families who cannot access the Pantry during weekday hours;
- 2) Offer a “kids boost” (extra food) in Food Pantry distributions of families with school-age children (ages 5-17), representing up to an additional six to eight meals per school-age child per month, during months that have scheduled school vacations (December, February, April, June, July, August) to make up for increased food insecurity during those times as a result of the loss of the school-based meals benefit (free/reduced lunch);
- 3) Continue the enhanced Food Pantry monthly allocation of fifteen meals (five days) per month per person (onsite distribution and the Pantry’s Senior Mobile Pantry); and
- 4) Continue to ensure that the Food Pantry’s monthly distributions include fresh produce by making direct purchases of fresh produce during four winter months (December-March). This proposal also includes expanding this CDBG-funded program to purchase fresh produce in two additional months (April and May), until the local growing season kicks in and produce donations commence. This will also allow us to expand the fresh produce available in three Kids Boost months.
- 5) Expand the pilot staff position of part-time Pantry Assistant to permanent.
- 6) Develop and disseminate a food pantry customer satisfaction survey to facilitate recipient feedback with the Food Pantry experience, expanded allocation, and to determine if the shopping experience

in the ASC has affected the shopping experience in private supermarkets. In addition, we will continue to survey all new Pantry users as to how they heard about the pantry in our effort to continue to understand and improve access to services

Our long-term goals are to reduce food insecurity in our community and increase access to our Pantry by increasing awareness of our services, increasing comfort in using our services, reducing stigma to using these services, and increasing referrals to our program by other recipients and health and human service providers.

B. Project Budget Information

- **Provide a detailed budget for the proposed program to include program delivery and direct program costs, and include all sources of revenue and all expenses.**
- **Cite Sources of Other Project Funds.**
- **If applicable, describe and document the availability and source of matching or other funds needed to complete the project. In-kind services are accepted only as directly related to the project.**
- **Document the experience of the provider, costs of comparable services and the process used to review the accuracy of the budget.**
- **Explain the qualifications of person who prepared the budget.**

A detailed budget for the proposed program that includes program delivery and direct program costs, and include all sources of revenue and expenses is attached. It includes in-kind services (food donations) and our sources of projected funds. It does not include the in-kind services of volunteers, however. It should be noted that on a weekly basis, there are approximately 50 community members who volunteer in the Emergency Food Pantry performing a range of tasks to ensure the Pantry's operations, including: unloading the food delivery truck, stocking the Pantry shelves, organizing inventory, creating allocations, assisting Pantry shoppers select groceries, weighing food distributions, etc.

The ASC engages in a rigorous and deliberate budget development process that relies on best practices in bookkeeping, and entails a careful review of actual costs and revenue as a foundation for projecting future (increased) costs and budget planning. The process begins in early spring prior to the fiscal year, with staff diligently working in consultation with the Board's Finance Committee to identify projected costs and new programs. The Finance Committee is comprised of three voting Board members (including the Board Treasurer); four voting community members, two of whom are in the banking sectors; one a retired bank executive, the Executive Director, and the Finance Controller. After months of careful deliberations and planning, the Finance Committee (by vote) proposes an organizational budget to the full Board for its approval in June for the upcoming fiscal year. The ability of the ASC to create a budget that not only accurately reflects expenses but also projects needed revenue is reflected in the organization's strong fiscal position, as identified in its annual audit.

The enclosed ASC budgets have been prepared by Kara Schnell, ASC Finance Controller and approved by the Amherst Survival Center Board of Directors. Since 2008, Kara has been responsible for all the financial transactions of the Center, from processing incoming contributions and grant awards, to accounts payable and payroll. In 2010-2012, Kara managed the accounting for the organization's capital campaign and facility construction. She also plays a key role in the preparation of the Center's annual operating budget. In the past year, she oversaw the RFP process so that the Center could hire a new auditor. She works closely with the Center's accountant during the annual audit process. And as a member of the Center's Finance Committee, she routinely prepares monthly financial reports for the Finance Committee, the Board of Directors, and the Executive Director. The Board of Directors reviews the financial statements for the organization at its regularly scheduled monthly meetings. The Center's finance policies and procedures are a reflection of nonprofit best practices, checks and balances, and a rigorous process to ensure accuracy.

Answers for Parts E—I must not exceed three (3) pages

E. Project Description: The Food Pantry provides essential nutritional support through a monthly food box that is distributed onsite directly from the pantry to households in Amherst and the surrounding area, or offsite thru its Senior Mobile Pantry (SMP) program to low-income seniors living in the town of Amherst. The monthly grocery distribution contains canned food, grains (pasta, rice, cereal), proteins (peanut butter, canned fish/meat/tempeh), soup, juice, dairy (milk, cheese, eggs), vegetables/fruit, prepared recovered foods and fresh produce and bread. This box can range between 40-100+ pounds, supplying 15 meals per person/month. Food is accessed from the FBWMA, recovered from donating businesses or farmers, collected from community drives, and purchased from a local produce vendor, providing consumers with critical access to nutritious produce. The Pantry allows a single household member to retrieve a comprehensive assortment of groceries for an entire family in a single monthly visit. In addition, the SMP ensures that low-income seniors who cannot physically get to the ASC can still receive a generous allotment of nutritious food delivered directly to their housing units. See Appendix 2 for additional pantry services provided by volunteers. The goal of the Food Pantry is to make sure that adequate nutrition is accessible to all. In the Amherst school system, an estimated 38% of children in elementary schools are low-income. As of October 1, 2015, 44% of elementary school students and 27% of middle and high school students were approved for free and reduced meals. For these families, school vacations, and the loss of that meal benefit, increase food insecurity. For the 635 Amherst children registered in the Food Pantry, we make sure to have an abundance of child-friendly nutritious food and fresh produce. Our Kids Boost program reduces the hunger gap that is caused for these families during scheduled school vacations, and the loss of their meals benefit. (See Appendix 3 Boost data, Appendix 4 for an article on Boost, solicited by the Providers Council.) For the elderly, the monthly Senior Mobile Pantry (SMP) delivers pre-assembled bags of groceries to low-income Amherst seniors at the Amherst Senior Center and 3 apartment buildings. We continue to use surveys of SMP recipients to describe program successes and satisfaction, suggest improvements. In 2015, SMP made 600 deliveries, bringing 16,220 pounds of food to 70 seniors. With this proposal, the ASC proposes to continue these CDBG-funded Pantry strategies: monthly weekend hours; Kids Boost to continue an expanded food distribution to families with school-age (5-17 years) children in 6 months with scheduled school vacations; expanded food distribution (onsite/SMP) of 5 days (or 15 meals) per person/month; and purchase fresh produce December-March. In addition, funding will expand the latter by two months (April, May) until the growing season results in donations to ensure that Pantry distributions include healthy fresh produce; funding will *expand* a pilot staff position (Pantry Assistant) to permanent; and support the printing of marketing materials to support use of ASC food and nutrition programs and a new schedule of Amherst food/nutrition services. (Appendix 5). In 2014, the Pantry provided food for 4173 unduplicated individuals of whom 2,198 were low-income residents of Amherst. Among Amherst residents, 106 consumers identify as homeless, 29 households have someone with a history of military services. Appendix 6 has demographics (age, racial/ethnicity) for the Pantry's Amherst residents.

F. Project Need: Basic needs services like the Pantry are critical in Amherst. In its 2014 Status Report on Hunger in Massachusetts, Project Bread (a statewide anti-hunger organization) highlighted growing food insecurity in MA with these findings (<http://www.projectbread.org/get-the-facts/reports-and-studies/>): The food insecurity rate in MA has increased by 71% and it's stayed there. In its 2007 *Status Report on Hunger in MA*, Amherst was named as one of 35 municipalities with the highest concentration of hunger and poverty, along with cities like Holyoke and Springfield. The rate of free/reduced lunch use in schools, whose cut-off is approximately double the US poverty level, provides another measure of poverty and food insecurity. In Amherst, the statistic that 45% of elementary students receive a meal benefit is a wake-up call as to the extent of food insecurity, and the compelling need to offer struggling families food programs that address the dire choices they are forced to make

every day between food and heat, health care, clothing, medicine, their own food, and childcare. The Economic Policy Institute has demonstrated that at the US poverty level (\$19,090 for a family of three in 2012), the full range of basic needs, including food, clothing, shelter, transportation, health care and child care, remains unaffordable.² A more realistic “basic needs” budget is approximately 250% of the poverty level in an area like ours, or \$47,725 for a family of three, requiring an hourly salary of approximately \$23/hour.³ This is out of reach for many. As of 1/1/16, the minimum wage will rise to \$10/hour in MA. In its 2013 State of the People report, published by the Pioneer Valley Planning Commission, Amherst was listed as one of 5 communities in the Valley to have poverty rates above 20%, along with Springfield and Holyoke. Level of income inequality is often an indicator for food insecurity. Here, too, Amherst earns an unwanted top rating. Reduced buying power and the prevalence of food deserts forces families to cut corners on nutrition, with adverse physical health consequences. This is especially true of the vulnerable population served by the ASC, which includes children, the elderly, people suffering from mental illness and the homeless. Many studies have shown that rates of obesity and type 2 diabetes in the United States, follow a socioeconomic gradient, with the burden of disease falling disproportionately on the poor. Significantly lower life expectancies and high levels of illness for people in poverty are attributed in part to unhealthy diets due to lack of affordable fresh produce. Low-income seniors are also particularly vulnerable to malnutrition. According to Feeding America, in 2013, 9% of households with seniors experienced food insecurity, and in 2011, 8% of all Americans over the age of 60 were food insecure. The consequences of food insecurity among the elderly are high and include poor nutrition, poor access to medication, episodes of depression, and an overall lower quality of life. For “seniors, protecting oneself from food insecurity and hunger is more difficult than for the general population” because they may lack “the resources to access or prepare food due to lack of transportation, functional limitations, or health problems.” (<http://bit.ly/1tRrMAM>) They may also face a unique stigma when requesting assistance. Amherst seniors are no different. The impact of inferior nutrition on the mentally ill is also pronounced, with a higher risk (than the general public) for food-related ailments including excess premature deaths due to cardiovascular disease.”⁴ and diabetes.⁵ This problem is even more pronounced among the homeless. Studies have shown that more than one third of the people who are homeless are undernourished, a rate significantly higher than that of the general population.^{6,7} This is attributable to a number of factors, including lack of income to buy healthful food and complications of substance and alcohol use. Nutritional deficits result in higher levels of anemia, gastrointestinal disorders, diabetes, malnutrition, and hypertension. ASC Pantry programs increase access to affordable healthy food. Coupled with ASC’s other nutrition programs, low-income neighbors can multiply their ability to access fresh produce at the ASC. The ASC also hosts monthly dental services, offering a convenient referral for Pantry consumers to oral health services, a key component in anti-hunger strategies. Through a collaboration with other food and nutrition programs, the ASC has also launched a new partnership to maximize resources. The ASC helps to create a nutrition safety net in our community; the Pantry is an essential thread.

G. Community Involvement and Support: The ASC is committed to making sure that Pantry recipients have an opportunity to offer critical feedback on program delivery and the need for new services. Surveying participants on their satisfaction and access challenges, combined with reviewing program data allows us to keep these programs rooted in participant and community need. The Pantry will survey recipients and make other opportunities available for them to share their experiences. Pantry

² Bernstein, Brocht and Spade-Aguilar (2000), How Much is Enough? Basic Family Budgets for Working Families

³ National Center for Children and Poverty, Columbia University

⁴ Newcomer and Hennekens, “Severe Mental Illness and Risk of Cardiovascular Disease,” *JAMA*.2007; 298: 1794-1796

⁵ “In Diabetes, One More Burden for the Mentally Ill,” *New York Times*, June 12, 2006.

⁶ Wiecha, Dwyer, & Dunn-Strohecker (1991) “Nutrition and health services needs among the homeless,” *Public Health Reports* 106(4): 364-374.

⁷ Gelberg, Stein and Neumann (1995), “Determinants of Undernutrition Among the Homeless,” in *Public Health Reports* 110(4): 448-454.

volunteers also participate in meetings to identify improvements to the program. Volunteers receive benefits from their involvement with the Pantry, while the ASC, in turn, receives the benefit of their time, skills, and hard work. The ASC has a current roster of 200 volunteers each week, 70% of whom live in Amherst and 20% work in the Pantry. The ASC offers Amherst residents an invaluable opportunity to reduce food insecurity in their community and support neighbors. The commitment of Amherst residents to prioritize the Pantry activities is shown by their contribution of time, funds and goods to it. Drives to supply the pantry with food and personal care items by Amherst-based religious congregations, businesses, and civic groups demonstrate this priority. Town Meeting approval for funds for the pantry in prior years further illustrates this commitment. The community's capacity to successfully raise the funds needed to construct a new facility for the ASC is further evidence of its intention to prioritize the Pantry and ASC programs. Valley Gives Day donations supported the purchase of fresh milk for Pantry users. Widespread community support for a public bus stop at the ASC, with special focus on pantry recipients, is another indication of the priority given to this service.

H. Project Feasibility: The ASC has provided food and nutrition services for 40 years and the Pantry and SMP are essential components of its services. The ASC has a strong track record in developing effective programs that meet the needs of our low-income neighbors in ways that are feasible, successful, increase access, and reduce stigma. Staffing: Executive Director: oversees organizational management, community outreach, program assessment. Program Director: oversees program logistics. Pantry Coordinator: oversees pantry operations. (pilot) Pantry Assistant: manages food inventory. Finance Controller: develops Pantry budget, oversees billing and invoices. Volunteer Coordinator: recruits, trains, schedules volunteers. ASC staff work with 50 Pantry volunteers each week, many of whom are Pantry recipients. During its history, the Pantry expanded from a shelf with a few random cans to a model operation serving over 4,000 individuals a year. Each year, more families register for the Pantry, increasing the amount of food distributed. Despite these increases, wait times have not extended. ASC has demonstrated expertise in completing past activities with CDBG funding in a timely manner. **Project milestones and timeline:** Existing CDBG-funded programs (weekend hours, kids boost, expanded food distribution, purchase of fresh produce for four months) will continue. Specific marketing materials will be developed and printed in English, Spanish, (some in Portuguese and Mandarin). The expansion of CDBG-funded programs (direct purchase of produce for two months, changing status of pantry assistant position) will commence with funding. Printing of materials will occur in the first quarter. More details included in Appendix 7.

I. Project Impact: The most obvious impact of this program is that fewer people will be hungry in Amherst and food insecurity will be reduced as a result of the ASC distributing more food to low-income households. Numerous studies confirm that “persons who had access to and used a wide variety of free food sources such as soup kitchens [and] pantries that give free groceries...”⁸ were significantly better nourished than those without those resources. In this proposal we continue CDBG-funded anti- hunger programs. See Appendix 8a and 8b for a table on the request's impacts. All programs increase the amount of food provided to low-income households, for school-age children, seniors, others. Indirect outcomes include increased economic security, reduced food insecurity, and a willingness to refer others to the Pantry. See Appendix 9 for goals and measures. Appendix 10 describes the impact that good nutrition has on the ability to thrive. The Pantry is a major thread in Amherst's safety net, serving people who utilize local health and human service agencies. ASC routinely collaborates with these groups, the town of Amherst, and Amherst schools in developing services. Appendix 11 shows 2015 collaborations.

⁸ Gelberg, Stein and Neumann (1995), “Determinants of Undernutrition Among the Homeless,” in Public Health Reports 110(4): 448-454.

ORIGINAL

Appendix 1

Congressional Record, Congressman Jim McGovern

November 14, 2013

CONGRESSIONAL RECORD—HOUSE

H7057

I have joined 40 Members of Congress in a friend of the court brief filed this week that urges the court of appeals to obey the Constitution and declare the Affordable Care Act taxes unconstitutional because they violate the Origination Clause.

On October 3, 2008, the House of Representatives passed H.R. 3590, the Service Members Home Ownership Tax Act, a six-page bill. H.R. 3590 raised no taxes or revenue of any kind. To the contrary, H.R. 3590 cut taxes for veterans buying homes.

The Senate took H.R. 3590, deleted its substantive provisions and substituted a six-page bill with a 2,074-page bill, commonly referred to as ObamaCare, that raised roughly \$50 billion a year in new taxes, making it one of the largest tax increases in the history of America.

None of these ObamaCare tax increases were in the original House bill. Hence, all of these new tax increases originated in the Senate, not the House, thereby violating the Origination Clause requirement that tax increases originate in the House.

The Origination Clause was subject to significant debate during America's 1787 Constitutional Convention. Massachusetts convention delegate and America's fifth Vice President, Elbridge Gerry, stated that the Origination Clause was "the cornerstone of the accommodation" of the Great Compromise of 1787 that persuaded a majority of the States to ratify the Constitution.

Stated differently, but for the Origination Clause, there would have been no Constitution and no United States as we know it. The Origination Clause was that important.

Virginia Delegate and coauthor of our Bill of Rights, George Mason, explained opposition to Senate tax originations when he declared:

The Senate did not represent the people, but the States in their political character. It was improper, therefore, that it should tax the people. Again, the Senate is not like the House of Representatives chosen frequently and obliged to return frequently among the people. They are chosen by the States for 6 years, will probably settle themselves at the seat of Government, will pursue schemes for their aggrandizement, will be able by wearing out the House of Representatives, and taking advantage of their impatience at the close of a long Session, to extort measures for their purpose.

Mr. Speaker, America's Founding Fathers did not trust the Senate to originate and raise taxes because Senators sat unchallenged for 6 years, the greater part of a decade, and were too insulated and unaccountable for the taxes they forced on American citizens.

Mr. Speaker, no American court in history has ever upheld the constitutionality of taxes under the cir-

Mr. Speaker, every Federal judge and justice took an oath to defend, protect, and uphold our Constitution. If these judges will put their partisanship and egos aside, if these judges will apply the Constitution as it is written and intended, if these judges will simply honor their oath of office, then ObamaCare will be declared unconstitutional because it violates the Origination Clause, and America's dangerous and failing experiment with socialized medicine will have ended. ObamaCare will be dead, and quality health care for Americans will survive.

HUNGER IN AMERICA

The SPEAKER pro tempore. The Chair recognizes the gentleman from Massachusetts (Mr. MCGOVERN) for 5 minutes.

Mr. MCGOVERN. Mr. Speaker, last Wednesday, I had the privilege of joining Monte Belmonte, who is a radio host at WRSL in Northampton, Massachusetts, on a 26-mile walk to raise awareness about the issue of hunger and to raise money for the Western Massachusetts Food Bank. It was an incredible experience. My legs are sore, but it was inspiring to be part of that march.

For the entire 26 miles we were joined by a diverse group of people, people like Bill Stapleton, who is the president of the Northampton Cooperative Bank; Andrew Morehouse, who is the director of the Western Massachusetts Food Bank. We were joined by Dan Finn of Pioneer Valley Local First and a fellow named Sean Berry, who runs Four Season Liquor Store in Hadley.

Along the way, various people joined us for part of the march. We met with school groups along the way. We even marched along with a group called Mutton and Mead, who put on a medieval festival every year in western Massachusetts.

And as we marched, people would stop their cars to offer their support and offer some money; but they would also tell us stories about people they knew who are hungry in our community. Young kids in schools, some of them who marched with us, told us stories about how they had seen firsthand hunger. Some of them raised money to support the march.

We also stopped at a place called the Amherst Survival Center. It is a food pantry, a place for low-income people to get clothes, sometimes medical advice, sometimes counseling. And when we stopped there, the director handed me a bunch of plates, paper plates, where people who go to the Amherst Survival Center, and some people who work there, wanted to send a message

I read the news about SNAP and I am afraid my family will go to bed hungry. How is this possible?

Another person wrote:

I think everyone has a right to healthy food, which is why the pantry is so important.

Linda wrote:

Dear Congress, please help us who need the help. I didn't think I would ever be like this.

This person wrote:

No SNAP, no food.

This person wrote:

I work and I am seeking more work. My husband works. It is not enough.

"Dear Congress, access to affordable food is a basic human right," signed by Shelley.

"What's for dinner? Nothing without the pantry," wrote Emily.

Working in the pantry has opened my eyes to see all the wonderful people struggling in the community.

Dear Congress, we need your help. Blessings.

Food stamps help American agriculture. Hunger and homelessness in America?

I could go on and on and read some of these plates, and the reason why I am doing this is because we are so inundated with facts and figures and statistics that somehow I think we have lost our ability to feel them.

These are real people. These are real people who are struggling, real people who are working with struggling families. They deserve a voice. And one of the things that people are concerned about is Congress making their lives worse.

We are considering a farm bill; and in the House version of the farm bill, there is a \$40 billion cut in SNAP—3.8 million people would lose their benefits. Hundreds of thousands of kids would no longer have access to free breakfast and lunch at school; 170,000 veterans would lose their benefits.

Mr. Speaker, we can do so much better. One of the things we are here for is to help the people like those who go to the Amherst Survival Center. One of the things that we are here for is to respond to the concerns that we heard along the way as I marched with Monte Belmonte and his crew.

You know, it is nice that this march was a success and they raised a lot of money for the Western Massachusetts Food Bank, but it is not enough. These food banks and these food pantries are at capacity. We can't make things worse.

Surely in the richest country in the history of the world we can do better. We can end hunger.

So, Mr. Speaker, I would urge all my colleagues, as we start to consider the farm bill, please do not support a farm bill that makes more people hungry. Let's do the right thing. This is a problem that we can solve.

Appendix 2

Project Description

Additional Pantry Services Provided by Volunteers

Onsite:

While participants shop, volunteers share healthy cooking tips, recipes, and nutritional information. Healthy cooking classes, using Pantry ingredients, compliment nutritional information. In October 2015, the ASC received a donation of 720 copies of the cookbook Good and Cheap (eating well on \$4/day) in order to distribute one to each household. Pantry staff also makes in-house referrals to our community partner, the FBWMA who staffs weekly office hours in the ASC to assist individuals to apply for SNAP (aka food stamps) to further reduce their food insecurity. Volunteers cross-refer recipients to ASCs other food programs.

Senior Mobile Pantry (SMP):

SMP utilizes it's own volunteer team who distribute shopping lists, organize and assemble bags of food, and deliver the food to their locations.

ORIGINAL

Appendix 3

**Project Description
Kids Boost Program**

July 2014-August 2015

	Number of Households	Number of NEW Households	Number of School-Age Children	Extra Food Representing Number of Meals
1. July 2014	229	10 (4.3%)	402	2,412
2. August 2014	207	11 (5.3%)	383	2,298
3. Dec 2014	219	14 (6.3%)	422	1688
4. Feb 2015	134	15 (11.1%)	251	1004
5. April 2015	167	13 (7.7%)	313	1252
6. June 2015	202	65 (32%)	357	1428
7. July 2015	212	38 (17.9%)	398	3582
8. Aug 2015	186	51 (27.4%)	359	3231
Totals so far	1,556	217 (13.9%)	2,885	16,895

Reminders:

- The Food Pantry is a monthly program. Eligible families can come every month for groceries. The numbers above are duplicated individuals and households.
- New Households: this number shows us how many of the Boost households in each month were new to the Pantry (their Boost participation in that month coincided with their first visit to the Pantry). The Boost is designed to be a “magnet program” and attract families with school age children. This number (a total of 215 families) indicates that the Boost is in part bringing these families to the Pantry.

Appendix 4 Project Description

THE PROVIDER

Vol. 36 - No. 7

Celebrating 40 years of serving the human services provider community

Summer 2015

VIEWPOINTS FROM ACROSS THE STATE

Food program gives kids a 'Boost' when they're not in school

By Mindy Domb

Last summer the Amherst Survival Center launched a new program for children in our Food Pantry. We called it a Kids Summer Boost, and designed it to be an additional distribution for families in our food pantry who have school-age children (ages 5-17). We wanted the Boost program to offer these families additional food for each school-age child during their summer vacations in July and August. It was meant to help close the meals gap that can happen during periods when their school meal benefit (breakfast and/or lunch) is not available.

Inspired by data provided by the Amherst regional school system, which showed 50 percent of incoming kindergarteners are eligible to receive a meal benefit and that Amherst does not have a summer meals program, we knew serving these families was an opportunity to address the increased food insecurity they may face during the summer vacation. It was also an opportunity to promote the Food Pantry's availability to eligible families.

The Amherst Survival Center's Food Pantry is available to eligible individuals and families once a month. In that monthly distribution, they receive food for about 3-5 days per person. The goal for the Summer Boost distribution was to provide food for an additional six meals per child per month. We knew it would not close the meals gap, but it would help. Our Food Pantry created a process for Boost-eligible families to receive their distribution in a seamless and inconspicuous manner that allowed Boost and non-Boost families to shop side by side.

In the summer of 2014, our first Boost served 444 families and distributed food to 797 school-age chil-

dren, representing 4,782 additional meals. Of those families, 21 (5 percent) were new to the Food Pantry, and since that time are now able to use the Food Pantry during the year as part of their safety net, even in months without school vacations.

In that first summer, we asked Boost participants to tell us what the program meant for their families. Responses included:

- "Boost really is a lifesaver."
- "The Boost summer program is a wonderful help to our family of five. It makes it so we can have a variety of healthy foods and nice well-rounded meals at the table."
- "My budget goes up during the summer. As a result, I have less money for food!"
- "A boost in the summer is just what we needed! Thank you!"

Whether we assess it by the results or by the need for it, last summer's Boost was a huge success. It started us wondering ...

Though July and August were the most obvious months to have a school vacation Boost, we began to consider the impact of the other school vacations that happen during the school year. For families who rely on school breakfast and/or lunch, every school vacation increases economic pressure. And so, recognizing the food insecurity these families confront during any school vacation, we expanded the Boost to include every month with a scheduled school vacation (December, February, April and June). Vacations in these months were only a week (vs. July and August's month-long gap) so the Boosts in these months could be somewhat smaller than the summer Boost.

Our service numbers for these Boost months were

impressive and reaffirmed the value and importance of the program. Last December, 219 households (422 children) received extra meals through Boost, including 14 that were new to the Food Pantry. This represented 1,688 additional meals. In February, it was 134 households (15 new) and 251 children for an additional 1,004 meals. And in April, 167 households (13 new) with 313 children received 1,252 additional meals. Overall during the FY '15 school year, the Food Pantry saw a rise in families receiving assistance that was specifically attributed to their Boost participation.

Throughout the year, families with school-age children are always welcome to register for the Food Pantry, have lunch and/or pick up fresh produce at the Amherst Survival Center. The Boost is an additional program recognizing that, for many families in our community, school vacation periods are neither relaxing nor fun. For too many families, the loss of breakfast or lunch provided in school to their child(ren) becomes an additional expense and they have no way to meet it. The Boost addresses this reality.

This summer and in the coming school year, the Amherst Survival Center will continue the Boost, hopefully reaching more families and feeding more children. By bringing families into the Center for a Boost distribution, families will also become acquainted with our other food and nutrition programs, further strengthening their safety net as they need it. Creating programs that address the real needs of families in our community will continue to challenge and inspire us.

Mindy Domb is the executive director of Amherst Survival Center.

PLACES TO OBTAIN FREE FOOD AND MEALS IN AMHERST, MASSACHUSETTS

Afternoon/Evening

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12pm, Lunch Not Bread Alone	11:45am-12:15pm, Lunch Amherst Senior Center ** ----- 12-1pm, Lunch Amherst Survival Center	11:45am-12:15pm, Lunch Amherst Senior Center ** ----- 12-1pm, Lunch Amherst Survival Center	11:45am-12:15pm, Lunch Amherst Senior Center ** ----- 12-1pm, Lunch Amherst Survival Center	11:45am-12:15pm, Lunch Amherst Senior Center ** ----- 12-1pm, Lunch Amherst Survival Center	11:45am-12:15pm, Lunch Amherst Senior Center ** ----- 12-1pm, Lunch Amherst Survival Center	12pm, Lunch Not Bread Alone
	12:30pm-3pm Fresh Food Distribution Amherst Survival Center	12:30pm-3pm Fresh Food Distribution Amherst Survival Center	12:30pm-7pm Fresh Food Distribution Amherst Survival Center	12:30pm-3pm Fresh Food Distribution Amherst Survival Center	12:30pm-3pm Fresh Food Distribution Amherst Survival Center	12:45pm Fresh Food Distribution Not Bread Alone
	11am-2:45pm Food Pantry Amherst Survival Center	11am-2:45pm Food Pantry Amherst Survival Center	2pm-4pm Food Pantry First Baptist Church 4 th WED/month: 2pm-4pm extra USDA food in First Baptist Church Food Pantry	11am-6:45pm Food Pantry Amherst Survival Center	11am-2:45pm Food Pantry Amherst Survival Center	
			4pm, Meal Not Bread Alone	5pm-6pm Light Dinner Amherst Survival Center		
Nov 1- May 1 7:30pm-9pm Dinner Craig's Place, prioritized to shelter guests	Nov 1- May 1 7:30pm-9pm Dinner Craig's Place, prioritized to shelter guests	Nov 1- May 1 7:30pm-9pm Dinner Craig's Place, prioritized to shelter guests	Nov 1- May 1 7:30pm-9pm Dinner Craig's Place, prioritized to shelter guests	Nov 1- May 1 7:30pm-9pm Dinner Craig's Place, prioritized to shelter guests	Nov 1- May 1 7:30pm-9pm Dinner Craig's Place, prioritized to shelter guests	Nov 1- May 1 7:30pm-9pm Dinner Craig's Place, prioritized to shelter guests

** Amherst Senior Center Lunch: seniors who want to participate need to make a reservation with Kathy Nelson (413-259-3164) 48 hours in advance, suggested donation \$2.00

KEY:

Seasonal Meals (winter only)	Breakfast/Lunch/ Dinner	Fresh Food Distribution	Home Delivered Meals	Food Pantry
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PLACES TO OBTAIN FREE FOOD AND MEALS IN AMHERST, MASSACHUSETTS

Morning

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Nov 1- May 1, 7am Breakfast (for Craig's Place guests only)	Nov 1- May 1, 7am Breakfast (for Craig's Place guests only)	Nov 1- May 1, 7am Breakfast (for Craig's Place guests only)	Nov 1- May 1, 7am Breakfast (for Craig's Place guests only)	Nov 1- May 1, 7am Breakfast (for Craig's Place guests only)	Nov 1- May 1, 7am Breakfast (for Craig's Place guests only)	Nov 1- May 1, 7am Breakfast (for Craig's Place guests only)
		8-10AM Community Breakfast Unitarian Universalist Society of Amherst				
	9am-4pm Emergency Pantry- Amherst Senior Center ages 60+	9am-4pm Emergency Pantry- Amherst Senior Center ages 60+	9am-4pm Emergency Pantry- Amherst Senior Center ages 60+	9am-4pm Emergency Pantry- Amherst Senior Center ages 60+	9am-4pm Emergency Pantry- Amherst Senior Center ages 60+	3 rd SAT/month, 9:30am-11:30am, Food Pantry Amherst Survival Center
		9-10:30am Fresh Food Distribution Amherst Senior Center	1 st TH/month 2-4pm Brown Bag Amherst Senior Center (60+)			
	11am-12pm Breakfast Bar Amherst Survival Center	11am-12pm Breakfast Bar Amherst Survival Center	3 rd WED/month Senior Mobile Pantry Amherst Survival Center	11am-12pm Breakfast Bar Amherst Survival Center	11am-12pm Breakfast Bar Amherst Survival Center	
	11am-12pm Fresh Food Distribution Amherst Survival Center	11am-12pm Fresh Food Distribution Amherst Survival Center		11am-12pm Fresh Food Distribution Amherst Survival Center	11am-12pm Fresh Food Distribution Amherst Survival Center	
	11am-2:45pm Food Pantry Amherst Survival Center	11am-2:45pm Food Pantry Amherst Survival Center		11am-6:45pm Food Pantry Amherst Survival Center	11am-2:45pm Food Pantry Amherst Survival Center	
	10:45am-12:15pm Home Delivered Meals* Amherst Senior Center with Highland Valley	10:45am-12:15pm Home Delivered Meals* Amherst Senior Center with Highland Valley	10:45am-12:15pm Home Delivered Meals* Amherst Senior Center with Highland Valley	10:45am-12:15pm Home Delivered Meals* Amherst Senior Center with Highland Valley	10:45am-12:15pm Home Delivered Meals* Amherst Senior Center with Highland Valley	

* Seniors must apply through Highland Valley Elder Services at: 413-586-2000, with a suggested donation of \$2/meal.

KEY:

Seasonal Meals (winter only)	Breakfast/Lunch/ Dinner	Fresh Food Distribution	Home Delivered Meals *	Food Pantry
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Developed and Provided by the Amherst Nutrition Resource Network, November 2015

ORIGINAL

Members of the Amherst Nutrition Resource Network

Amherst Senior Center Bangs Community Center 70 Boltwood Walk Amherst MA Contact: Maura Plante, Program Director T: 413 259 3213 E: plantem@amherstma.gov	Amherst Survival Center 138 Sunderland Road PO Box 9629 North Amherst, MA 01059 (#33 Bus) Contact: Tracey Levy, Program Director T: 413-549-3968 E: info@amherstsurvival.org www.amherstsurvival.org	Craig's Place at First Baptist Church 434 North Pleasant Street Amherst, MA 01002 Contact: Joseph Fleming T: 413-549-3596 E: joe@craigdoors.org Contact (to volunteer): T: 413-256-0704 E: volunteer@craigdoors.org
First Baptist Church Amherst 434 North Pleasant Street Amherst, MA 01002 Contact: Erin Ferry, Church Secretary or Shawn Lindholm, Food Pantry Coordinator T: 413-549-3596 E: office@fbcamherst.org website: www.fbcamherst.org/food-pantry/	Not Bread Alone, CHD First Congregational Church Lower Level 165 Main Street Amherst, MA 01002 Contact: Bob Stover T: 413-548-1271 E: rstover@chd.org	United Universalist Society of Amherst 121 North Pleasant Street Amherst, MA 01004 413-253-2848 Contact/to volunteer: Glen Bertrand T: 413-253-7814 E: glenbertrand@gmail.com Breakfast volunteers: Jade Lovett from Craig's Doors T: 781-720-8229 E: jade@craigdoors.org
WIC/ Community Action Contact: Mary Beth Gerard, WIC Director Mgerard@communityaction.us ; 314-376-1156	School Feeding Program, Amherst Regional Public Schools Contact: Rebecca Trietley, Director of Food Services rietleyr@arps.org ; (413) 362-1839 free breakfast & lunch on all school days (M-F) at all Amherst public schools if the family qualifies.	

Appendix 6

Project Description

Age Breakdown of the Amherst Survival Center's Food Pantry's Amherst residents, 2015

Individuals	Amherst residents
Individuals	2,198
Pounds of food distributed	204,194
Ages 0-17	673 (30.6%)
Ages 18-64	1,398 (63.6%)
Over 65	197 (8.9%)

Racial/Ethnicity of the Amherst Survival Center's Food Pantry, Amherst residents, 2014
Based on self-disclosure

Individuals	Amherst residents
Individuals	2,198
Pounds of food distributed	204,194
White	607 (27.6%)
Black	255 (11.6%)
Latino	388 (17.6%)
Asian	213 (9.6%)
Cape Verdean	123 (5.5%)
Other	612 (27.8%)

ORIGINAL

Appendix 7

Project Feasibility/Milestones

Existing CDBG-funded Programs

Program	Main Activity	Printing Proposed
Monthly Saturday morning Pantry hours	Ongoing outreach: newspaper listing, in-house publicity, press release, promotional information given to participants, local health and human service providers	Specific materials will be printed for distribution, with specific dates (English, Spanish, possibly Portuguese, Mandarin) Schedule cards for pantry pick-ups
Kids Boost	By the month prior to each Boost, orders of additional kid-friendly food will be submitted	Program-specific flyers provided to Amherst schools (in different languages)
Expanded Food Distribution	Additional new shelving will be purchased and assembled for food storage, additional food purchases will be made, distributions will continue	Customer Experience and Satisfaction surveys Special written materials for SMP about change, encouraging referral
Purchase of Fresh Produce for Winter Distribution	Prior to December 1, 2016, we will begin to submit a weekly purchase of fresh produce for the Pantry for distribution.	

Expand Programs Supported with CDBG funds

Program	Main Activity	Printing Proposed
Purchase of Fresh Produce for Spring Distribution	Expand direct purchases of fresh produce by two months (April and May) until the growing season and its respective donations commence. By making these purchases, fresh produce will be available in the pantry and community meals all year. Purchases will continue from the winter months (see above).	
Staffing: Expand Pilot Pantry Assistant position to Permanent part-time position	Included in budget for FY17, remove internal restriction as a one-year position to permanent to continue to manage, organize and generate food inventory to sustain the expanded allocation.	
Information Dissemination	Printing of resources in diverse languages to be done in the first quarter of the year	

ORIGINAL

Appendix 8a

Project Impact

Impact of the New Allocation (CDBG funded FY16)

Background:

Starting in 2015, as a result of CDBG funded support, the Amherst Survival Center implemented a new allocation system in order to recalculate how food is distributed in the Food Pantry and to make it consistently 5 days (or 15 meals) per person per month.

The strategy used to implement the new allocation aligns the distribution categories to the USDA “Choose My Plate” nutrition guidelines (fruits, vegetables, proteins, grains, dairy). Customer satisfaction surveys will begin to explore if there is an influence on the private shopping (and selection) habits of Pantry recipients as a result of this new allocation system. These distribution numbers also reflect increased used of prepared donated foods, recovered daily by Center volunteers from supermarkets and businesses in the area.

Comparisons

October 2014 v October 2015

	Number of Households	Number of Amherst Households (% Pantry households)	Number of Individuals	Number of Amherst Individuals (% Pantry individuals)	Pounds of Food Distributed
October 2014	683	375 (54.9%)	1,697	947 (55.8%)	30,155
October 2015	679	363 (53.4%)	1,692	915 (54%)	36,280 (+20.3%)

November 2014 v November 2015

	Number of Households	Number of Amherst Households (% Pantry households)	Number of Individuals	Number of Amherst Individuals (% Pantry individuals)	Pounds of Food Distributed
November 2014	714	395 (55.3%)	1779	1018 (57.2%)	36,606
November 2015	738	397 (53.7%)	1931	1047 (54.2%)	47,205 (+29.9%)

ORIGINAL

Appendix 8b

Project Impact

Project Impact

IMPACT OF PROPOSAL	CHANGES IN TARGET POPULATION that indicate success	HOW WILL CHANGES BE MEASURED?	HOW WILL IMPACT BE TRACKED?
CONTINUING CDBG-FUNDED PROGRAMS:			
KIDS BOOST Increased food for school-age children in the Food Pantry during months with scheduled school vacations. Amount of distribution 8 meals/ month per student (summer) to 6 meals/ month (school year)	Decreased food insecurity for families with school-age children who rely on school-based meals benefits (free or reduced cost lunch) during school vacation periods. Increased number of new family registrations in the Pantry. Increased referrals.	- Surveys of participants - Prompts for participants to complete - Surveys of school nurses and food service representatives to describe need - Monthly data review - Surveys of new families	- We will document how many households and children are served by each "boost" - We will assess whether the Boost helped to increase a family's overall participation in the Food Pantry - We will print specific materials and assess their use.
MORE FOOD Maintain food pantry distribution five days (15 meals) per Food Pantry and Senior Mobile Pantry participant per month.	Enhanced food security for food pantry and senior mobile pantry participants by increasing the number of days they can receive assistance from the Pantry.	- Weight of distributions to document increased food provided. - Participant satisfaction surveys on the amount of food received. - Monthly data review - Track referrals to Pantry	- Customer satisfaction surveys and interviews at service visits asking participants to identify the extent to which the food distribution provides assistance to their households and shopping habits are altered by new allocation.
WEEKEND HOURS Increased access to food pantry services through ongoing weekend hours of operation	Increased capacity to receive and benefit from Food Pantry services	- Tracking numbers of people using service - Distribution of specialized brochures for community outreach to ensure knowledge	- Participant interviews to: identify perception and capacity to use Food Pantry with and without weekend hours, and question to describe how weekend hours affects family

IMPACT OF PROPOSAL	CHANGES IN TARGET POPULATION that indicate success	HOW WILL CHANGES BE MEASURED?	HOW WILL IMPACT BE TRACKED?
FRESH PRODUCE IN WINTER Amherst Survival Center will continue to directly purchase fresh produce for December-March in order to increase access to fresh produce for food pantry recipients during four winter months (December-March).	Food Pantry and SMP households will receive more fresh produce in the winter months, regardless of local farming community's ability to donate to the Center.	- Food Pantry will track supply of purchased foods on a monthly basis during the four-month period.	- Food Pantry will track fresh produce available as a result of direct purchase and link directly to monthly distribution data.
EXPANSION OF PROGRAMS			
FRESH PRODUCE IN SPRING Amherst Survival Center will expand its direct purchase to two additional months (April, May) in the early spring before produce donations in order to increase access to fresh produce for food pantry recipients throughout the whole year.	Food Pantry and SMP households will receive more fresh produce in the spring, regardless of local farming community's ability to donate to the Center.	- Food Pantry will track supply of purchased foods on a monthly basis during the two-month period.	- Food Pantry will track fresh produce available as a result of direct purchase and link directly to monthly distribution data.
EXPAND STAFFING Expand pilot position of part time Pantry Assistant to permanent position to support management, creation, and organization of food inventory.	Related to the increased allocation: Enhanced food security for food pantry and senior mobile pantry participants by increasing the number of days they can receive assistance from the Pantry and ensuring food inventory.	- Weight of distributions to document increased food provided. - Monthly inventory review -Monthly data review - Ensure food quantities needed to meet distribution needs.	-Flow of food will be monitored - Inventory systems in place - Food Bank invoices will be tracked.

Appendix 9

Project Impact: Outcomes and Measurements

IMPACT	DIRECT OUTCOMES	INDIRECT OUTCOMES	QUANTITATIVE/ QUALITATIVE MEASURES
KIDS BOOST	<ul style="list-style-type: none"> - Increased food (up to 8 meals per school-age per child per household per month) for families who rely on school-based meals program for each of their school-age (5-17 years) children during scheduled school vacations in July 2016, August 2016, December 2016, February 2017, and April 2017, June 2017. 	<ul style="list-style-type: none"> - Increased comfort accessing food pantry services during the Kids Boost and at other times of the year when in need. - Increased referrals to the Food Pantry - Increased comfort accessing other services at the ASC - Increase in number of Amherst families with school-age children registering for Food Pantry - Increased economic security for participating households during Boost times. - Increased referrals to pantry 	<ul style="list-style-type: none"> - Numbers of households participating and number of new households to the Pantry - Numbers of new households served - New Household surveys on how they heard about the Pantry - Numbers of children served - Amount of additional food distributed (and meals represented) - Participant surveys to learn household perception of food security, household willingness to refer a friend in need
MORE FOOD	<ul style="list-style-type: none"> - Quantity of distribution will be maintained at 15 meals per person per month in food pantry and senior mobile pantry. 	<ul style="list-style-type: none"> - Increased food security for pantry and senior mobile pantry households - Increased customer satisfaction - Increased referrals from participants to other neighbors in need - Increased economic security for participating households 	<ul style="list-style-type: none"> - Monthly tracking weights of distribution, comparisons with year before - Tracking of amount of food designated for Food Pantry households. - Participant surveys on levels of food security, satisfaction, and experience with making referrals to program
WEEKEND HOURS	Continuing monthly Saturday morning hours for Food Pantry families	<ul style="list-style-type: none"> - Increased food security by participants who could not get to the Food Pantry during weekdays - Greater comfort by Food Pantry households to use services - Increased referrals to program - Increased access for food donors to bring their donations to the Center on weekends. 	<ul style="list-style-type: none"> - Reporting the numbers of participants who use Saturday Food Pantry - Documenting the increased weight of food distributed during this new slot, - Surveying participants' perception of Pantry access - Surveying participants comfort level to make referrals to the pantry

ORIGINAL

IMPACT	DIRECT OUTCOMES	INDIRECT OUTCOMES	QUANTITATIVE/ QUALITATIVE MEASURES
FRESH PRODUCE IN WINTER	Food Pantry and SMP households will receive more fresh produce in the winter and spring months. Food Pantry will make healthy produce available all year	- Food Pantry will track weights of purchased foods on a monthly basis during the proposed six-month period.	-Food Pantry will track fresh produce available as a result of direct purchase and link directly to monthly distribution data. -Food Pantry will document specific purchases during the four month time period of the grant. - Customer satisfaction surveys will include questions about availability of fresh produce
STAFFING	Pantry Assistant will be permanent position	- Food inventory will be generated, maintained and well-organized to facilitate and maintain increased allocation.	- Monitoring of food orders - New shelving to accommodate additional food - Increased number of community food drives to stock shelves of food pantry -Track weights of food donations from food drives -Generate and sustain increased food inventory

Appendix 10

Indirect impact of good nutrition

The impact that good nutrition has on families' and individuals' ability to thrive is harder to measure. More and more research demonstrates the importance of access to nutritional foods, fresh produce, nutritional information and support on the **health and well-being of all individuals**. The ASC Food Pantry seeks to connect families with the food and resources they need to eat more healthily, as a way not only to reduce their food insecurity but also to maximize their health benefits.

Another impact is **on ASC volunteers** who through their time and energy receive the emotional benefit of responding to their neighbors in need, and also become well-informed about the state of hunger in our community and trained on essential nutrition information, thereby building their capacity to be effective advocates for hunger relief. As a result, our community will be healthier with all of our neighbors having greater capacity to contribute their full potential.

Being food insecure is a major obstacle to self-sufficiency. Not knowing how you will feed yourself or your children is a distraction many of us are not challenged to overcome. For those neighbors who are hungry or seeking to prevent their children from being hungry, the Food Pantry provides a needed lifeline. By reducing food insecurity and enhancing a household's economic security, ASC's proposed expanded programs offer opportunities for individuals to gain self-sufficiency.

The ASC's other food and nutrition programs are meant to further close the meal gap for many of our neighbors, promote their food and economic security, and contribute positively to the conditions that support self-sufficiency.

Appendix 11

Project Impact

Amherst Survival Center Significant Collaborations, 2015

Collaboration	Desired Outcomes	Products
Kids Boost with the Amherst Public Schools	-community outreach -information on targeted population	- specific flyers and brochures - monitor participation - sharing of information
Senior Mobile Pantry with Amherst Senior Center	- registrations -outreach	- specific written materials for targeted populations -monitor participation - collaborate on development and implementation of customer survey
Member, Amherst Human Service Network	-increased outreach and communication about programming	- written materials for other programs to use with their clients - written materials for other organizations to use to refer their clients to the ASC food and nutrition programs
Amherst Food and Nutrition Network (ASC, Not Bread Alone, Amherst Senior Center, First Baptist Church Food Pantry, Craig's Door, Unitarian Universalist Society of Amherst)	- greater awareness and communication between organizations - information sharing - resource/food sharing - development of community-wide schedule of services	- community wide schedule of services to distribute in community (<i>requested printing support in this proposal</i>) - increased cooperation between organizations to maximize resource and information sharing
ASC Community Partners: hosting Food Bank of Western MA	- assistance with SNAP applications	- additional applications processed and assistance provided to ASC visitors - increased SNAP benefits to ASC visitors
ASC Community Partners: hosting Health Care for the Homeless	- assistance with applying for and getting health insurance	- additional applications processed - more people on health insurance
ASC Community Partners: hosting Eliot Homeless Services	- weekly case management services around housing	- housing assistance for ASC visitors

Amherst Survival Center, Appendices 12/15

Collaboration	Desired Outcomes	Products
ASC Community Partners: hosting Community Action	- seasonal assistance for fuel assistance applications for ASC visitors	- fuel assistance for ASC visitors
ASC Community Partners: hosting Salvation Army	- weekly emergency vouchers for ASC visitors	- increased access to clothing and eyeglasses for ASC visitors
ASC Community Partners: hosting Traveling Tooth Fairy	- monthly dental services for ASC visitors	- increased accessible dental care and oral health for ASC visitors
ASC Community Partners: hosting Tapestry Health	- Bi-weekly clinic offering reproductive and sexual health services for ASC visitors	- increased access to STI/HIV/pregnancy screening
Amherst Area Diaper Drive with United Way Hampshire County, WIC, Family Outreach of Amherst	- engagement of community in effort to donate and collect diapers to address diaper need in the community -increased knowledge about diaper need and awareness of the struggle low-income families face	- over 52,000 diapers collected - increased awareness about the impact of diaper need and the expense of diapers - community engagement around diaper need and food insecurity issues
Food Recovery: Produce with six local farms, Whole Foods Market Hadley, Paneras, Trader Joes, Stop and Shop, Henions, Antonios, Bread & Butter, Atkins, The Works	- Recovered food to be used in pantry boxes, meal preparation and fresh food distribution.	- donations of prepared foods - donations of fresh produce (in season)
Jones Library ESL Cultural Ambassador Program	-develop curriculum piece to build skills of Jones ESL students to be cultural ambassadors to refer their neighbors to the ASC	- curriculum piece - curriculum quiz - ASC tours - increased referrals from diverse communities to the ASC, increased access for these communities.

Collaboration	Desired Outcomes	Products
Women, Infants and Children (WIC) Food and Nutrition Program	<ul style="list-style-type: none"> - develop organization specific brochure to ensure client awareness about ASC pantry eligibility - increased WIC participation in ASC food pantry 	<ul style="list-style-type: none"> - WIC-specific brochure about the ASC food pantry, schedule and eligibility
Medical Providers in the Amherst Area, Project HungeRX	<ul style="list-style-type: none"> -increased screening for food insecurity in medical setting -enhanced referral capacity to food and nutrition programs -increased referral of patients from medical settings to ASC food and nutrition programs 	<ul style="list-style-type: none"> - medical provider training and ASC tours - specific educational materials for medical offices to use to prompt self assessment around food insecurity - specific materials to address food insecurity -specific materials to use to refer patients to the ASC food and nutrition programs

ORIGINAL

**Amherst Survival Center
FY17 Pantry Program Budget**

	Amherst 53.8%	Non-Amherst 46.2%	Total	Status
Sources of Funding				
Town of Amherst	52,000	0	52,000	Pending
United Way of Hampshire County	5,200	13,800	19,000	Pending
United Way of Franklin County	0	2,000	2,000	Pending
Individual Contributions	1,413	20,957	22,370	Pending
Business Contributions to BOOST	1,000	1,500	2,500	Pending
Project Bread	0	2,000	2,000	Pending
Total Sources of Funding	59,613	40,257	99,870	
Expenses				
Personnel				
Pantry Coordinator	17,063	14,652	31,715	
Pantry Assistant	12,051	0	12,051	
Replacement Coordinators	2,970	1,480	4,450	
Program Director	2,616	2,247	4,863	
Executive Director	642	551	1,193	
Subtotal	35,342	18,930	54,272	
Payroll Taxes and Benefits 20%	5,840	5,015	10,855	
Work-Study Students	1,184	1,016	2,200	
Total Personnel	42,366	24,962	67,327	
Food and Supplies				
Food Purchases				
Food	6,360	5,640	12,000	
Milk	10,600	9,400	20,000	
BOOST: Food, Milk and Produce	875	776	1,650	
Fresh Produce	1,060	940	2,000	
Total Food Purchases	18,895	16,756	35,650	
Non-Food Purchases	265	235	500	
Supplies	1,060	940	2,000	
Senior Mobile Pantry Bags	1,789	1,586	3,375	
Total Food and Supplies	22,008	19,517	41,525	
Other Costs				
Printing	954	846	1,800	
Computers	795	705	1,500	
Transportation	1,219	1,081	2,300	
Food storage shelving	2,650	2,350	5,000	
Equipment Repair	1,855	1,645	3,500	
Total Other Costs	7,473	6,627	14,100	
Overhead 15%	9,775	8,668	18,443	
Total Expenses	59,613	40,257	99,870	
Net Income	0	0	0	
In Kind Goods: Food Donations	41,695	35,805	77,500	

12:55 PM
12/29/15
Accrual Basis

Survival Centers, Inc.
Profit & Loss Budget vs. Actual
July 2015 through June 2016

	FY16 Actual (YTD)	FY16 Budget	Variance	% of Budget
Ordinary Income/Expense				
Income				
4000 · Contributions/Donations	284,567.06	383,500.00	-98,932.94	74%
4080 · Planet Aid Partnership Program	456.55	1,375.00	-918.45	33%
4100 · Private Grants - Unrestricted	95,388.66	96,410.00	-1,021.34	99%
4200 · Private Grants - Restricted	2,700.00	42,100.00	-39,400.00	6%
4300 · Public/Government Grants	9,750.00	46,550.00	-36,800.00	21%
4400 · Fundraising Special Events	18,637.15	48,000.00	-29,362.85	39%
4500 · Interest Income	1,368.61	5,000.00	-3,631.39	27%
Total Income	412,868.03	622,935.00	-210,066.97	66%
Expense				
5000 · Personnel Costs	147,101.30	287,332.00	-140,230.70	51%
5003 · Employee Benefits	19,881.26	47,142.40	-27,261.14	42%
5050 · Payroll Taxes	12,008.35	27,176.00	-15,169.65	44%
5225 · Recruitment and Training	1,162.60	2,000.00	-837.40	58%
5250 · Professional Fees	8,606.00	15,400.00	-6,794.00	56%
5300 · Office Supplies	3,392.30	8,200.00	-4,807.70	41%
5350 · Insurance	4,255.40	11,673.00	-7,417.60	36%
5400 · Telephone and Internet	1,566.16	2,975.00	-1,408.84	53%
5455 · Computer and Software Expense	2,264.19	7,200.00	-4,935.81	31%
5500 · Program Activities & Supplies	21,896.28	69,120.00	-47,223.72	32%
5606 · Occupancy - 138 Sunderland Rd	25,379.10	52,800.00	-27,420.90	48%
5620 · Depreciation Expense	0.00	65,850.00	-65,850.00	0%
5680 · Repairs & Maintenance - Equip.	133.52	3,500.00	-3,366.48	4%
5800 · Auto/Travel	4,401.35	9,520.00	-5,118.65	46%
5870 · Outreach and Fundraising	7,002.95	11,300.00	-4,297.05	62%
5890 · Miscellaneous	2,725.86	5,750.00	-3,024.14	47%
Total Expense	261,774.62	626,938.40	-365,163.78	42%
Net Ordinary Income	151,093.41	-4,003.40	155,096.81	-3,774%
Other Income/Expense				
Other Income				
4550 · Investment Income	1,474.23	7,500.00	-6,025.77	20%
4800 · Unrec'd Gains/Losses on Invest	150.00	0.00	150.00	100%
4900 · In-Kind Revenue	14,465.00	1,265,000.00	-1,250,535.00	1%
Total Other Income	16,089.23	1,272,500.00	-1,256,410.77	1%
Other Expense				
5610 · Investment Expense	907.82	3,000.00	-2,092.18	30%
5900 · In-Kind Expense	14,465.00	1,265,000.00	-1,250,535.00	1%
Total Other Expense	15,372.82	1,268,000.00	-1,252,627.18	1%
Net Other Income	716.41	4,500.00	-3,783.59	16%
	151,809.82	496.60	151,313.22	30,570%